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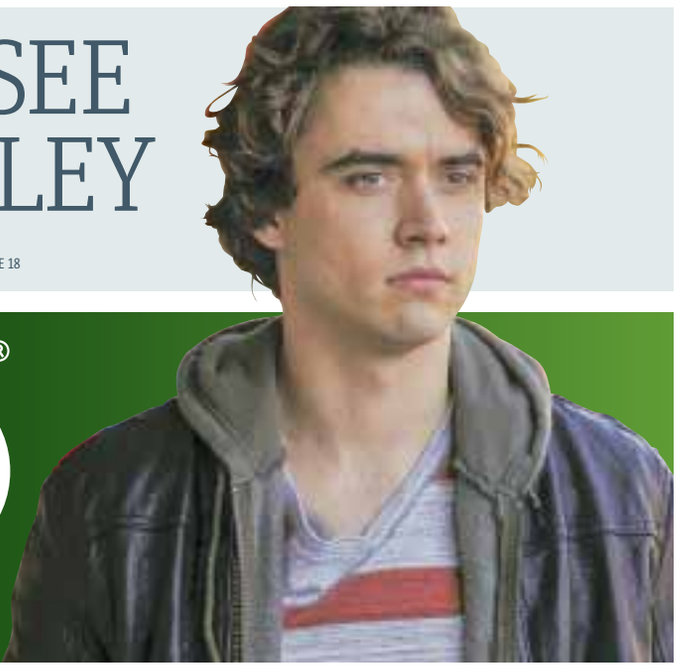
THE BREAKOUT STAR OF "IF I STAY" IS HERE TO STAY. PAGE 18



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Wednesday, August 27, 2014 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

Politics. The New York City Council is debating a bill to create a public gun registry that would list the names, photos and the block where people live who have past gun felony convictions. Critics say that the new bill will do nothing to stop rising gun violence in the city and that it's a slippery slope to limiting personal freedom. PAGE 02

UNDER THE GUN

Queens resident and gun owner Lloyd Llamas prepares for target practice at the Seneca Sporting Range in Queens. / BESS ADLER, METRO

Fine art shouldn't be contained in galleries

PAGE 21

Jonathan Adler has tips for Labor Day

PAGE 23

Draw me like one of your 'French Girls'

PAGE 27

Make your favorite dish a little healthier

PAGE 30

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1 NEWS

Quote

"This year's Emmy Award winners run the gamut from digital series like 'Orange Is the New Black' to cultural institutions like 'Saturday Night Live,' 'The Good Wife' to 'The Normal Heart,' with countless others in between. We've never been more proud to have these iconic productions call New York City home."

Cynthia Lopez, NYC Media & Entertainment commissioner, on "Made in NY" TV shows winning 22 primetime Emmy awards

Top 3

What's trending online at Metro.us

1 'VIDEO: "Billy on the Street" special Emmy edition with Seth Meyers'

2 'Bold moves: Notable looks from the 2014 Emmys red carpet'

3 'Nick Young wouldn't leave Iggy Azalea's side at VMAs'

Greenwich Village

MoMa intern dies after fall from roof

A 23-year-old woman who was an intern at the Museum of Modern Art died after falling off a Greenwich Village roof early Sunday.

According to the NYPD, Cindy Yeh fell from a four-story building at 179 Sullivan Street just after 1 a.m. Sunday. Yeh had attended a party at the residence, and witnesses said she accidentally fell from the roof while dancing.

Yeh was taken to Bellevue Hospital and declared brain dead a few hours later.

WENDY JOAN BIDDLECOMBE

Long Island City

NYPD diver saves Ice Bucket challenger

NYPD Emergency Services responded to an Ice Bucket Challenge fail Tuesday night in Long Island City.

According to police, two men in their 20s jumped off of Pier 1 at Ganty Plaza State Park into the East River as part of the Ice Bucket Challenge around 8 p.m.

The rescue / GETTY IMAGES

One of the men did not know how to swim, and a bystander jumped in and held on to the man until emergency services arrived. All three involved were taken to area hospitals with non-life-threatening injuries.

WENDY JOAN BIDDLECOMBE

Critics take aim at city gun registry bill plan

Manhattan. The law would create a database naming people with felony gun convictions in the city.

Visit **Metro.us** to read more reaction to the proposed registration bill.

The names, mug shots and even the block where New Yorkers convicted of possession of a firearm might soon be public information if the City Council passes a bill introduced last week.

The bill, introduced by Queens Councilman Costa Constantinides, would notify neighbors of residents with felony gun convictions and create a searchable website for public use.

While lawmakers see such a database as a tool to empower New Yorkers against gun violence, critics doubt the bill will get illegal guns off the streets and will instead backfire.

"Information is power," Constantinides said, "and the bill provides community with information."

It's not as black and white for New York State Rifle & Pistol Association President Tom King.

"The furthest thing from our minds is to have violent criminals possess firearms," King said, "but we want to protect the honest individual who may get caught up in a misunderstanding from being labeled as a felon."

Lawmakers said they expect little resistance to the bill's passage.

Seneca Sporting Range owner John DeLoca, 64, argued a registry "is not going to do a pile of beans."

"Don't you think we have enough laws and that we should try to enforce the ones we have?" DeLoca asked. "We have bigger fish to fry."

A way out

Stigma

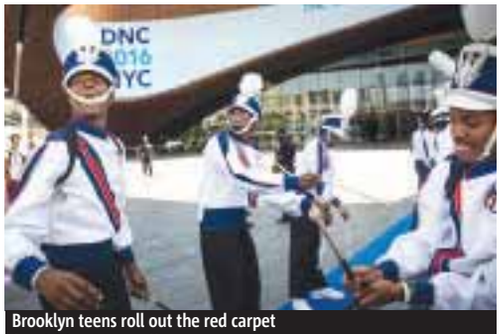
The gun registry bill offers individuals a chance to get off the public list after four years of good behavior — a provision added to quell concerns about stigmatization of offenders.

Chicago, which continues to struggle with gun violence, launched a public database in 2010.

Bob Gervasi, a New York State Hunting and Safety instructor at the Seneca Sporting Range in Queens, waits for the next customer. / BESS ADLER, METRO

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Mayor rips union ad for 'fear mongering'



Brooklyn teens roll out the red carpet for visiting DNC staffers. / GETTY IMAGES

Mayor Bill de Blasio rebuked an open letter published in newspapers Tuesday and paid for by a police union to dissuade the Democratic National Convention from coming to Brooklyn in 2016.

The Sergeants Benevolent Association, which is negotiating with the city for a new labor contract, bought full-page ads in The New York Times and New York Post to accuse de Blasio of taking the city back to days of high crime that should disqualify Brooklyn as a safe host for the convention.

"It's fear-mongering to try and benefit their own position in labor talks," de Blasio said.

The ads said de Blasio has left the city "lurching backward to the bad old days of high crime, danger-infested public spaces and families that walk our streets worried for their safety." CHESTER JESUS SORIA

Moving forward

"People who care about New York City, who want to see New York City move forward, want to see New York City prosper, should be supporting our convention bid."

Bill de Blasio

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Bronx

Cop saves baby who stopped breathing

A Bronx police officer is credited with saving the life of a 2-month-old baby who stopped breathing Tuesday.

Police Officer Johnny Castillo, 38, was on patrol when a call came in saying Adelyn Pena-Fernandez had stopped breathing.

Castillo said he found the baby blue, and not breathing. He revived the baby after four chest compressions, according to the NYPD.

"I felt like it was my kid," Castillo said.

WENDY JOAN BIDDLECOMBE

Baby Adelyn and Castillo / NYPD

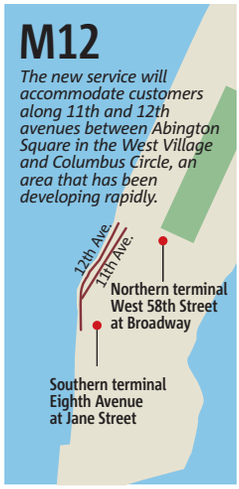
MTA increases bus service across the five boroughs

New York. New bus lines, larger hubs and terminal relocations are part of the $4.9 million plan.

Bus riders across the five boroughs can expect changes as a part of the Metropolitan Transportation Authority's improvement plans that were announced Tuesday.

The list of service enhancements planned for bus routes includes extensions for certain lines to connect with larger hubs, terminal relocations that creates new stops and faster, limited commutes.

The $4.9 million in improvements also calls for new routes including a new M12 line to bus customers along Manhattan's 11th and 12th Avenues between the West Village and Columbus Circle.


M12
The new service will accommodate customers along 11th and 12th avenues between Abington Square in the West Village and Columbus Circle, an area that has been developing rapidly.
12th Ave.
11th Ave.
Northern terminal West 58th Street at Broadway
Southern terminal Eighth Avenue at Jane Street

Queens residents counting on the Q113 Local will see it transformed into the Q114 Limited, which promises fewer stops and faster service along Guy R. Brewer Boulevard except for nights when it makes all local stops.

Brooklynites who use the B13, B83 or Q8 will have their routes extended to a new terminal at the Gateway Center in Brooklyn's Spring Creek section.

The Bx23 line will also move its terminal to the Hutchinson Metro Center in the Bronx from its location at Westchester Square, adding four new stops in both directions.

Improvements to Staten Island service are also planned but will take longer. As of Sept. 2, riders counting on the S93 to shuttle between Bay Ridge and College of Staten Island can expect new midday and evening hours for the limited-stop route.

The MTA is also adding an express route with the X21 cross borough service at peak morning and evening hours between the Hylan Boulevard bus loop on Richmond Avenue and its terminal at Midtown Manhattan's East 41st Street and First Avenue.

The $4.9 million project will make the city's bus system more efficient. / STEPHEN REES, FLICKR

Changing system

"New York City changes all the time, and we must keep up by making accommodations and adding service when the need arises."

Carmen Bianco, MTA NYC president

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Tuesday, September 9 – 6 p.m.
Wednesday, September 10 – 6 p.m.

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Advocates say that they have seen more people reliant on pantries over the last couple of years. / GETTY IMAGES

Council pledges boost, launches drive for pantries

Five boroughs. The City Council is holding a food drive and alloted $1.32 million for food pantries.

Food pantries facing traditional summer shortages received a boost Tuesday as City Council announced the start of a weeklong food drive throughout the five boroughs.

The council has also set aside $1.32 million in the upcoming fiscal year for the city's food banks, pantries and soup kitchens.

"Food security is a basic human right, yet every night far too many New Yorkers go to bed hungry," Speaker Melissa Mark-Viverito said.

Mark-Viverito said rising food costs and supply shortages are to blame.

From Aug. 25-29, 33 city council members will collect nonperishable foods in their districts for donation to pantries throughout the city.

Joel Berg, executive director of the New York Coalition Against Hunger, said charities can't make up for the lack of a "livable wage, jobs and social safety net" in the city.

Berg said a cut in SNAP benefits last fall has made the food shortage even worse.

According to the New York Coalition Against Hunger's 2013 survey, about 1.4 million city residents were food insecure.

Food Bank for New York City data shows hungry New Yorkers miss about 250 million meals a year.

Human right

"Food security is a basic human right, yet every night far too many New Yorkers go to bed hungry."
Melissa Mark-Viverito

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Manhattan

Activists ask NYC women to vote

Manhattan Borough President Gale Brewer, and local activists, celebrated Women's Equality Day on Tuesday by each pledging to register five women voters before the Oct. 10 registration deadline and asking others to do the same.

"It's important, because if women don't vote, policies don't change," Brewer said.

WENDY JOAN BIDDLECOMBE

Brooklyn. NYPD on prowl for lewd rider

The NYPD is enlisting the public's help to find a man they say masterbated on the D train Saturday evening.

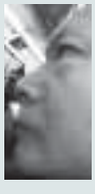
The incident occurred as the Brooklyn bound train approached the New Utrect Avenue/62nd Street stop around 6 p.m.

A 27-year-old victim told police she saw the man place a bag over his lap and start masturbating.

The suspect is described as an Asian male, approximately 40 years of age, 5-foot-9 and 150 pounds.

WENDY JOAN BIDDLECOMBE

Got info?



Anyone with information is asked to call Crime Stoppers at (800) 577-TIPS (8477).

Queens. Teen receives jail for fatal car crash

A teenager was sentenced to five to 15 years in prison on Tuesday, a month after he admitted he had been high on marijuana when he smashed his car into a tree, killing four of his friends, said a spokesman for the Nassau County district attorney.

Joseph Beer of Queens, who was 17 at the time of the October 2012 crash on Long Island, pleaded guilty in July to aggravated vehicular homicide and operating a motor vehicle while impaired by drugs.

A jury in June found Beer, now 19, guilty of four counts of second-degree manslaughter, reckless endangerment and reckless driving.

Four of Beer's teen friends were in the car with him and were killed in the accident.

Prosecutors asked Nassau County Court Judge David Sullivan to sentence Beer to five to 15 years, reading aloud a letter written by the uncle of one of the victims, Peter Kanhai, 18.

"You took someone away from us that we loved dearly and you tore a hole in our family that can never be mended," Hermant Kanhai wrote.

The defense sought a shorter sentence because of Beer's age at the time of the crash. **REUTERS**

Reckless speed

- He was driving 110 miles per hour when his car slammed into a tree alongside the Southern State Parkway at 3:35 a.m., said district attorney spokesman Paul Leonard.
- After his sentencing, Beer was taken into custody to begin serving his prison time, Leonard said.

Adopt a pet with Metro and ASPCA

Bonnie is a 1-year-old pit bull mix. She has tons of friends and likes it that way. As soon as she meets you her tail will wag and she'll treat you to a lot of kisses. Being a young dog, she has a ton of energy and needs plenty of daily exercise. While she loves making human friends, she's not the biggest fan of other dogs so she should be the only pet in the home. To adopt Bonnie, stop by the ASPCA Adoption Center at 424 E. 92nd St. or visit Adoptaspca.org. / ASPCA

Bronx

NYPD looking for armed robbers

Three armed robbery suspects broke into a Bronx woman's apartment to steal her money and an iPad, police said.

Cops are on the lookout for the three men behind the Aug. 17 robbery, during which the unidentified suspects approached a 25-year-old woman in her Claremont apartment on East 170th Street.

At least one of the suspected robbers flashed a gun before they forced themselves into her home. The trio scoured the apartment for cash and the woman's iPad before running off with the woman's property.

Police are asking anyone with information to contact Crime Stoppers at 800-577-TIPS.

CHESTER JESUS SORIA

2
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The intelligence-gathering flights initially will be carried out by drones at lower altitudes and U-2 spy planes flying above the range of Syrian anti-aircraft missiles, according to U.S. defense and intelligence officials who spoke on condition of anonymity to discuss classified operations. / GETTY IMAGES

Obama authorizes Syria surveillance flights: US official

Mission. The U.S. will use the photographs to prepare for possible airstrikes on Islamic State.

President Barack Obama has authorized the U.S. to conduct surveillance flights over Syria, a necessary preparation for possible air attacks on Islamic State targets there, according to a Defense Department official.

Obama hasn't decided whether to expand the U.S. fight against the militant group in Iraq into neighboring Syria, his spokesman, Josh Earnest, said Tuesday. He refused to comment on whether the president has approved surveillance missions.

The defense official, who wasn't authorized to discuss the plans, declined to comment on the timing of surveillance operations. The Associated Press, citing a U.S. official, said the flights have begun. Surveillance of Iraqi territory by American aircraft flying along the country's borders with Iraq and Turkey has been going on for many months, another official said.

One issue for the Obama administration is whether it can conduct air strikes against the Islamic militants in Syria without bolstering Syrian President Bashar al-Assad, whom the U.S. also opposes.

The White House backs what it calls moderate Syrian rebels while opposing Islamic militants such as Islamic State and the al-Nusra Front, an al-Qaeda offshoot that freed one American hostage this week. They are the most powerful anti-government factions in Syria's civil war. **BLOOMBERG**

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The Lockheed Martin U-2 will perform the following over the region:

- High-resolution photography
- Three-dimensional terrain mapping
- Collect other intelligence on Islamic State locations and movements to supplement electronic and other information already being gathered by U.S. satellites and American and allied intelligence services.

Defense

Obama says rooting out Islamic State will not be easy

President Barack Obama on Tuesday vowed to go after the Islamic State killers of American journalist James Foley and said rooting out the militant group in Iraq and Syria will not be easy.

"America does not forget, our reach is long, we are patient, justice will be done," Obama told veterans gathered at a convention of the American Legion in Charlotte, North Carolina.

Obama, who ordered airstrikes against the militant group in Iraq and may expand them into Syria, said he would do whatever is necessary to go after those who harm Americans.

"Rooting out a cancer like ISIL won't be easy and it won't be quick," he said, referring to an acronym the United States uses for Islamic State. **REUTERS**

PRESIDENT OBAMA
GETTY IMAGES

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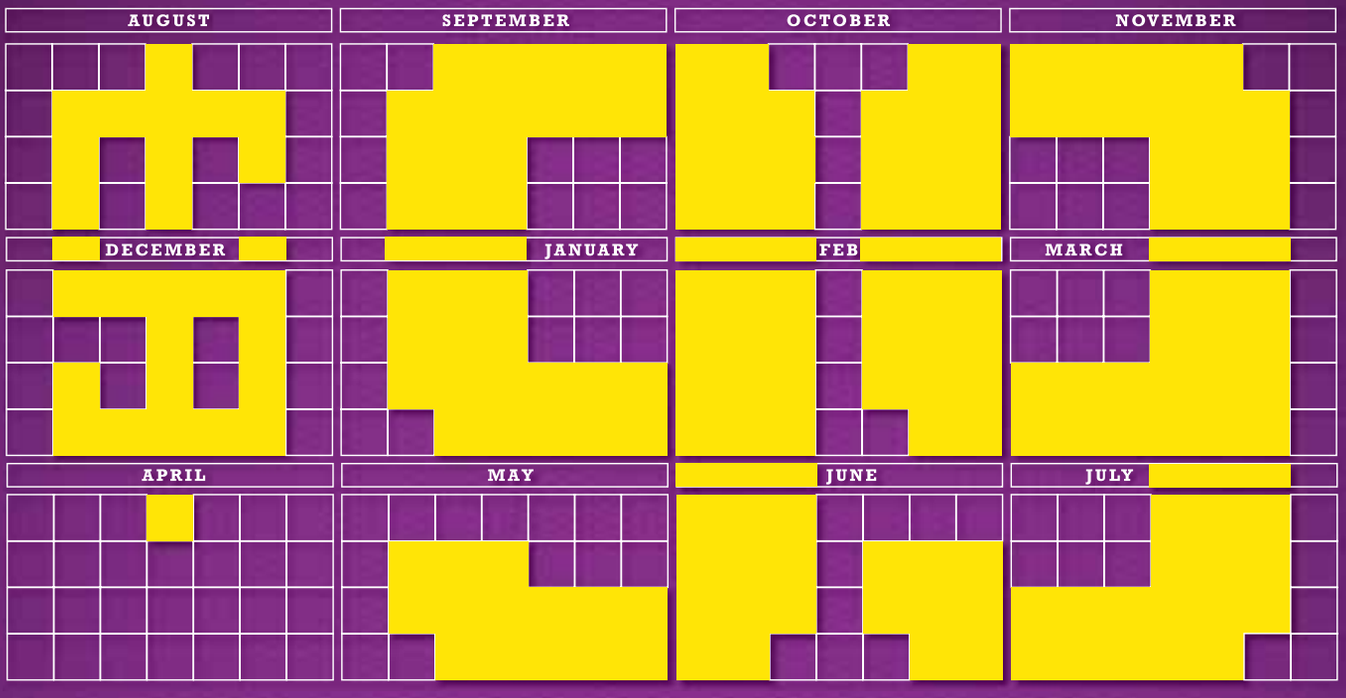

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WHO urges severe regulatory curbs on electronic cigarettes

Health. The sale of e-cigarettes has rocketed in the past two years, but there is fierce debate about the risks.

The World Health Organization (WHO) called for stiff regulation of electronic cigarettes as well as bans on indoor use, advertising and sales to minors, in the latest bid to control the booming new market.

In a long-awaited report that will be debated by member states at a meeting in October in Moscow, the United Nations health agency on Tuesday also voiced concern about the concentration of the $3 billion market in the hands of big tobacco companies.

"In a nutshell, the WHO report shows that e-cigarettes and similar devices pose threats to public health," Douglas Bettcher, director of the agency's department on noncommunicable diseases, told a news briefing in Geneva.

Because they are so new, there is a lack of long-term scientific evidence to support their safety, and some fear they could lead to nicotine addiction and tobacco smoking.

"We must emphasize that the onus of responsibility for showing safety, for answering many of these questions, must be on the companies and the industries owning them," Bettcher said.

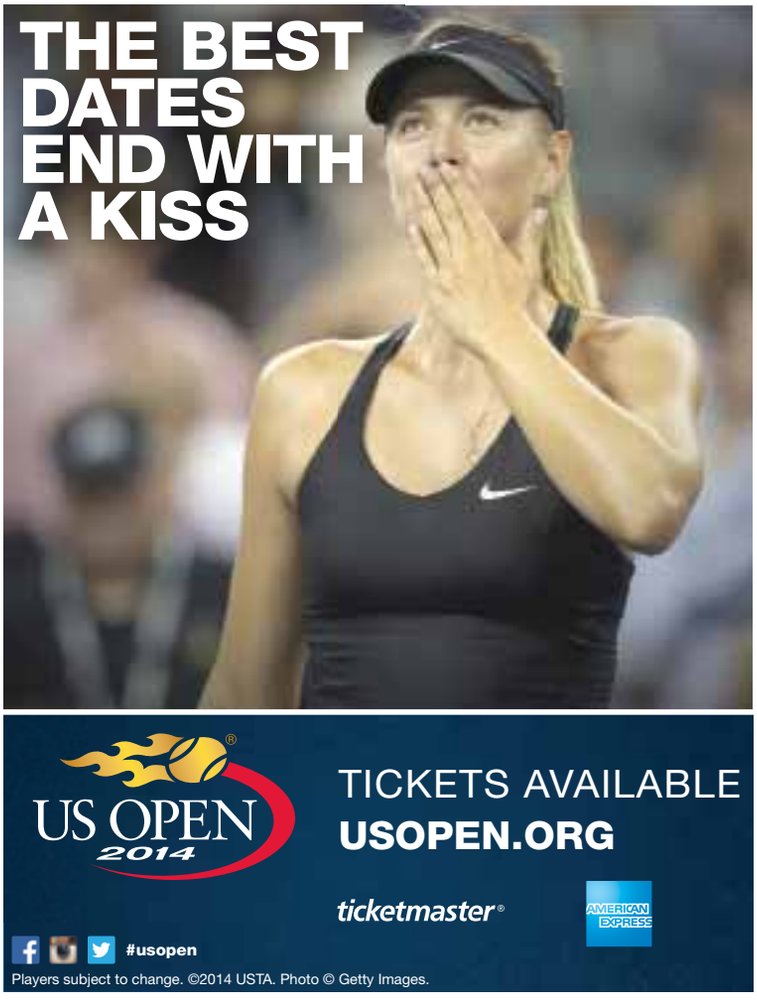
REUTERS

Activists welcomed the WHO recommendations. / GETTY IMAGES

Years of age

18

The U.S. Food and Drug Administration has proposed banning sales to anyone under 18



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Dangerous selfie: How the self-portrait went extreme

Trend. The quest for recognition and fame is driving selfie aficionados to take more dangerous photographs.

Selfies are consistently the most popular thing on the Internet, but a dangerous new trend has seen many young people risking their lives to take extreme versions of the self-portraits.

"Selfies can ... end up falling into a form of social competition and a way to secure a more high-profile or high-status role relative to others," said Dara Greenwood, associate psychology professor at Vassar College.

It is this kind of competition that can lead some to seek more extreme selfies, even risking his or her life, Greenwood said.

The most recent case is that of Oscar Otero Aguilar, 21, of Mexico City. A desire to take ever more impressive selfies caused him to pose with a loaded gun to his head. The gun accidentally fired, killing him.

A similar situation occurred on Aug. 9 when a Polish couple attempted to take a selfie on a cliff in Portugal and fell hundreds of feet to their deaths.

But for some, these types of risky photos can result in fame and fortune, as they do for Kirill Oreshkin, better known as the "Russian Spiderman."

Oreshkin has achieved global notoriety thanks to his extreme selfies taken without any protection from the top of buildings.

Although Oreshkin assures that he does it for fun, the young Russian also sells his images on his website.

DANIEL CASILLAS
Metro World News

No more addiction

Dara Greenwood explains how to fight dependence on selfies in four steps:

- Leave the phone behind when taking a walk.
- Turn it off when meeting friends for lunch or on a hike.
- Allocate a smaller window of time for catching up with friends and family each day.
- Selfies shouldn't eclipse other meaningful forms of being human and being social.

Better known as the "Russian Spiderman," Oreshkin takes selfies from the top of buildings. / KIRILL ORESHKIN

Extreme examples

With a charging bull

Andoni Obregon tweeted a selfie with a beast on the rampage at San Fermin's Running of the Bulls in Spain.

With a big shark

This diver did not care that a great white shark photobombed his selfie.

Q&A

'Selfies are becoming a social competition'

What's your opinion on selfies?
I think it is important to note the current fad of selfies is at least in part a normal response to broad cultural and technological shifts in how we communicate. Because of social media and the speed with which visual information can be conveyed, posting selfies has become a kind of shorthand for what in the past might have taken the form of a much less frequent newsletter or vacation slideshow ("Look what I did this summer!"). Many of us live far away from our original and important social ties and so the urge to immediately share experiences and images seems a very basic and understandable motivation to stay connected.

What might be the dangers related to selfies?
If our views of self are increasingly tethered to how others perceive us, this can lead to increased anxiety and vulnerability, as well as pull focus from more internally rewarding and stable sources of self-image (being a good friend, enjoying nature, getting immersed in a work project, etc.). When we are constantly viewing ourselves from the outside in, we may lose out on more meaningful forms of social and emotional engagement that come from feeling un-self-consciously caught up in the moment (sometimes referred to as "flow").

DARA GREENWOOLD
Associate professor in the Department of Pyschology, Vassar College, New York

Q&A

'I'm not going to stop'

When did you fall in love with extreme selfies?
I started doing them before I heard the word "selfie." I have always been climbing onto the roofs of buildings and taking photos. It's my big passion. I began to take pictures of myself on high points, because, for instance, at the top of spires it's very difficult to get a shot from the side. So, it was just a solution.

But aren't extreme selfies dangerous?
When I first starting doing this in 2011, I was very scared indeed. But fear gradually faded away. As of late, my photographs have become kind of popular, so the public expects more and more from me. And I'm not going to stop.

Have you ever had an accident doing a selfie?
No, I never had a serious one, because I always try to be very careful. Sometimes security guards of buildings try to stop me. But they only blame my actions on words.

What do you think of the notion that selfies reflect narcissism?
I'm not addicted to selfie-making. The everyday "taken in front of the mirror" shot is not for me. In truth, I don't have so many of them, but each one is a work of art.

DMITRY BELYAEV/MWN

KIRILL ORESHKIN
Moscow-based extreme selfie taker

Airline. Dispute over a seat-decline gadget diverts flight to Chicago

An argument between two airline passengers over the use of a device that stops the seat in front from reclining caused a Newark-Denver flight to be diverted to Chicago over the weekend, airline and police officials said on Tuesday.

One of the passengers on Sunday's United Airlines flight had used a Knee Defender, a small wedge-like gadget that clips to the passenger's tray table, to force the seat in front to remain upright.

The passenger in front was unhappy to discover this and an argument broke out that could not be quelled by flight attendants, the Chicago Police Department said. REUTERS

New Mexico

Police rescue woman from car after 'kidnap' text to sister

A New Mexico woman who texted her sister to say she was being kidnapped in a car by a man with a weapon was rescued by police who used the message to track down and arrest the driver after a high-speed chase through central Albuquerque, police said.

Using the description and license plate the sister provided, police found the car and tried to pull it over, Tanner Tixier, a spokesman for the city's police department, said in a statement on Monday. REUTERS

School bells too early for sleepy teens, doctors say

Well-being. By the time they are in sixth grade, most students are already falling short in the sleep department.

Sleep loss in high school students is a health issue that can be easily fixed, doctors say. / GETTY IMAGES

Dragging teenagers out of bed so they get to school by the first bell is bad for their health, and U.S. pediatricians are trying to do something to change it.

The American Academy of Pediatrics is calling for secondary schools to push back their start times by an hour or more to at least 8:30 a.m. The move would better align teens' natural sleep patterns, which make it hard for them to fall asleep before 11 p.m., with school schedules, said the group, the nation's largest organization of doctors who care for children.

The litany of woes linked to a lack of sleep is long, going well beyond teenagers dozing off during first period or loading up on caffeinated drinks to stay awake. Along with suffering academic performance, sleep-deprived teens are more likely to have car accidents and to struggle with mental health issues, including depression, and with weight gain, according to a policy statement published in the journal Pediatrics.

"When high school classes begin early in the morning, we ask teens to shine when their biological clock tells them to sleep," said Timothy Morgenthaler, president of the American Academy of Sleep Medicine, in a statement. "Many do not get adequate sleep as a result. Smarter school start times that are more consistent with sleep needs will improve students' safety, overall health, mood and academic performance." BLOOMBERG

High school

13%

Only 13 percent of high school students get the amount of rest they need, the poll found.

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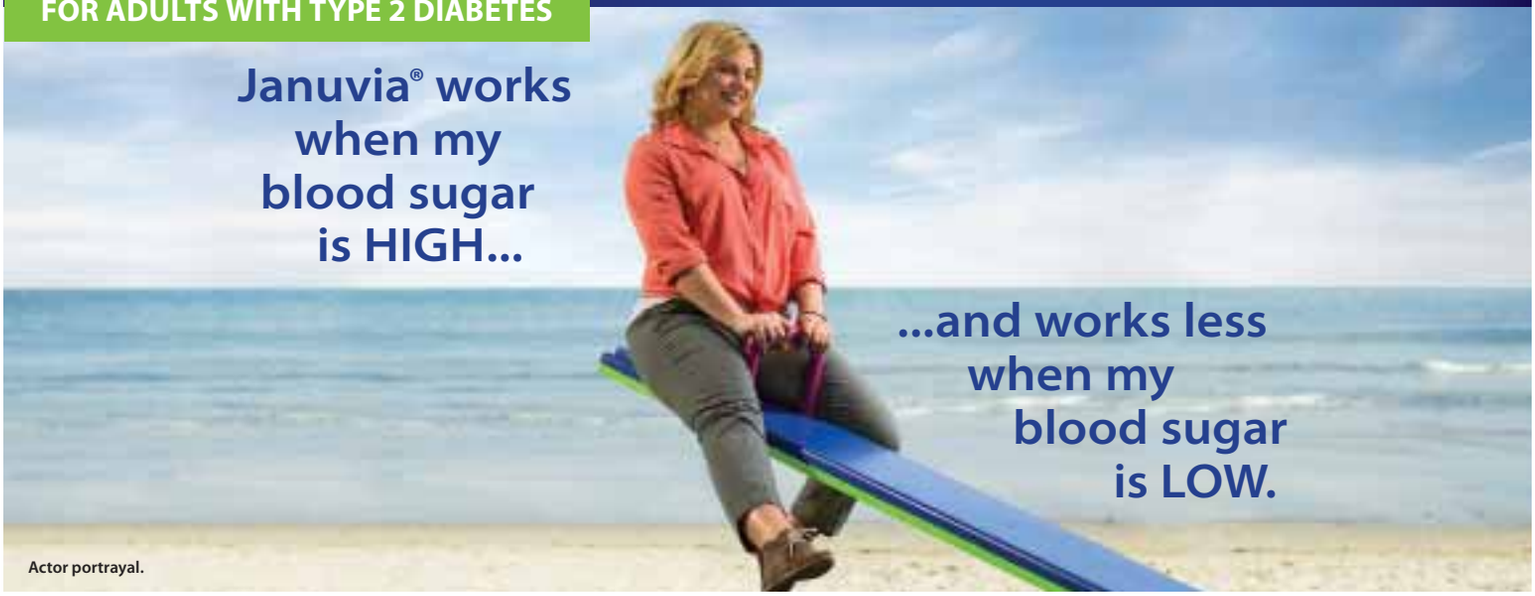

Actor portrayal.

JANUVIA works by enhancing your body's own ability to lower blood sugar.

- **JANUVIA is a prescription pill you take once a day.**
- **JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.**
- **JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.**
- **JANUVIA, by itself, is not likely to cause weight gain.**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Medication Guide
JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia)**. If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Military

Obama makes promise of better veteran health care

President Barack Obama sought to make amends with veterans on Tuesday, announcing steps to expand their access to mental health care and an initiative with financial companies to lower home loan costs for military families.

The president was embarrassed earlier this year when it was revealed that the Department of Veterans Affairs (VA) had been covering up lengthy delays in providing health care to former military personnel.

Obama, speaking at the American Legion's national convention in Charlotte, North Carolina, announced steps to improve availability of mental health care for military personnel as they move to civilian life and expanded research into post-traumatic stress disorder and suicide. He said efforts to improve veterans' health care would continue.

"Misconduct we've seen at too many facilities with long wait times and folks cooking the books is outrageous and inexcusable," he said. "What I want you to know directly from me, is we are going to get to the bottom of these problems, we are going to fix what is wrong, we are going to do right by your families."

The president also said that banks, including Wells Fargo, Bank of America and Quicken Loans, were taking steps to make it easier for military members to obtain lower interest mortgage rates. **REUTERS**

By the numbers

$16.3B

Obama signed a bill giving $16.3 billlion to assist veteran health care and the VA earlier this month.

OBAMA SPOKE TUESDAY AT THE AMERICAN LEGION IN CHARLOTTE. GETTY IMAGES

Melting glaciers in Antarctica could raise sea water and cause food scarcity issues globally, the UN report said. / GETTY IMAGES

UN: Climate change close to becoming irreversible

Global warming. A leaked draft shows the Earth's rising temperature may be permanent if not addressed now.

Humans risk causing irreversible and widespread damage to the planet unless there's faster action to limit the fossil fuel emissions that cause climate change, according to a leaked draft United Nations report.

Global warming already is impacting "all continents and across the oceans," and further pollution from heat-trapping gases will raise the likelihood of "severe, pervasive and irreversible impacts for people and ecosystems," according to the document obtained by Bloomberg.

"Without additional mitigation, and even with adaptation, warming by the end of the 21st century will lead to high to very high risk of severe, widespread and irreversible impacts globally," the UN Intergovernmental Panel on Climate Change said in the draft.

The study is the most important document produced by the UN about global warming, summarizing hundreds of papers. It's designed to present the best scientific and economic analysis to government leaders and policymakers worldwide. It feeds into the UN-led effort drawing in more than 190 nations for an agreement on limiting emissions. **BLOOMBERG**

2
CULTURE

Extra! Extra!

Catch The Downtown Momentum with Metro

Metro has been downtown since 2005, and we've been having so much fun watching the area expand that we're saluting everything below 14th Street with a brand new 32-page magazine. Get to know the people behind the real estate boom, the retail explosion, the burgeoning theater scene and the hottest restaurants in this area. If The Downtown Momentum isn't available in this edition of your Metro, be sure to duck into any office building or apartment building in Lower Manhattan to find a copy.

1 DiCaprio baby bump alert

Attention! A celebrity is about to diet! After a summer of what a source says was spent "feasting and drinking on yachts," relaxing, growing an impressive beard and generally letting himself go, Leonardo DiCaprio is looking to downsize and ditch 10 pounds by autumn, according to Star magazine. "He has given up pasta — and he loves pasta," says a source I can only assume is DiCaprio's mother. "He also plans on working out more, and he is taking his bike wherever he goes." I will say this: It's refreshing to see this kind of attention paid to a male celebrity's figure and diet for once. Maybe we're actually getting close to that whole equality thing after all. But what prompted this move on DiCaprio's part? Did a tabloid run a photo suggesting he might be pregnant?

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2 A Cannon sounds off on Mariah Carey

Nick Cannon's still not allowed to utter a peep about his split from wife Mariah Carey — her lawyers are better than his, see? — but that doesn't mean his dad, preacher James Cannon, can't sneak some cryptic messages into a Facebook post. Nick's dad posted a number of questions that, though they're tough to decipher, seem to point to some very specific marital difficulties. "Here [is] a thing, if the husband say[s] no lies, and the wife lies all the time, what should the man do?" he asks. "Here [is] a thing, if the wife put on 200 pounds and the husband like[s] a nice slim wife what should that man do? Here [is] a thing, if a husband wants to have 10 children and his wife only wants two children then what should that man do?" The elder Cannon, for his part, thinks we're all being ridiculous and reading too much into his grammatically questionable pondering. "I do not get into other [people's] business, not even my own sons," he wrote in a follow-up post. "[Their] business is [their] business and [their] relationship is there [between] them and God."

Cannon may or may not "like a nice, slim wife," though Carey probably didn't "put on 200 pounds." / ALL PHOTOS GETTY IMAGES

Vergara can spin, dance or be dipped however she wants, dagnabbit!

3 Vergara knows she's hot

Sofia Vergara hears your complaints that her Emmy bit — rotating on a turntable to give viewers "something compelling to look at" while TV academy head Bruce Rosenblum droned on — was sexist, and she thinks you're wrong. "I think it's absolutely the opposite," Vergara tells Us Weekly. "It means that somebody can be hot and also be funny and make fun of herself ... Someone who started — and I know who she was — has no sense of humor and should lighten up." Is the "she" Vergara refers to Katie Couric, by any chance? Couric, after all, tweeted, "Did anyone else find that shtick somewhat offensive?"

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• Photoshop : Graphic Design	T, Th	10/7-11/25/14	5pm-7pm
• Coding for Web Development	Sat	10/4-12/13/14	3pm-6pm
• Indesign & Illustrator: Desktop Publishing	M, W	10/6-12/15/14	7pm-9pm
• Indesign & Illustrator: Desktop Publishing	T, TH	10/7-12/16/14	7pm-9pm
• Adobe After Effects CS5 (Animation & Video Production)	Sat	10/4-12/13/14	3pm-6pm
• Social Media for Business	Sat	10/4-12/13/14	1pm-3pm
• Certificate in QuickBooks: Computer Applications in Accounting	M-Th	10/20-11/6/14	7pm-9pm
• Periodismo y Redes Sociales 1	Sat	10/4-12/13/14	10am-1pm
• Periodismo y Redes Sociales 2	Sat	10/4-12/13/14	2pm-5pm

Health careers

• Dental Assistant Program	M, W	10/6-1/26/15	6pm-9pm
• Certified Nursing Assistant Program (CNA)	M-Th	10/6-12/22/14	6pm-9pm
• Certified Nursing Assistant Program (CNA)	M-Th	10/6-11/19/14	9am-2pm
• Certified Electrocardiography Technician	Sat	10/4-12/13/14	1pm-4pm
• Certified Electrocardiography Technician	T, Th	10/7-11/6/14	10am-1pm
• Certified Phlebotomy Technician	M-Th	10/6-11/20/14	6pm-9pm
• Clinical Medical Assistant Program	M, T, Th	10/6-2/9/15	6pm-9pm
• Health Information Management / Medical Billing & Coding Specialist	M, W, Th	10/6-6/22/15	6pm-9pm
• Dialysis Technician	T, Th	9/23-12/16/14	6pm-9pm
• Pharmacy Technician Certificate	T, W, Th	10/14-1/14/15	6pm-9pm
• Protección de Alimentos	Sat	10/4-10/11/14	9am-5pm
• Protección de Alimentos	Sat	11/8-11/15/14	9am-5pm

Professional Cerificate Programs

• Teacher Assistant Certificate	M, W	9/29-12/15/14	6pm-9pm
• Security Guard 8 Hour Certfication Course	Sat	10/11/14-11/15/14	9:30am-5:30pm
• Security Guard 16 Hour Certfication Course	F, Sat	12/5-12/6/14	9:30am-5:30pm
• Personal Fitness Trainer Certification	Sat	10/4-12/6/14	9:30am-2:30pm
• Certificado de Proveedor de Cuidado de Niños	Sat	10/4-12/13/14	3pm-6pm
• Education & Language Skills HSE Prep (GED) - English	T, Th	10/7-1/13/15	9:30-12:30pm
• HSE Prep (formerly GED) - English	T, Th	10/7-1/13/15	6pm-9pm
• HSE Prep (formerly GED) - Spanish	M, W	10/6-1/12/15	9:30-12:30pm
• HSE Prep (formerly GED) - Spanish	M, W	10/6-1/12/15	6pm-9pm
• English Links Intensive Weekend	Sat	10/11-12/6/14	9am-2pm
• English Links Intensive Weekday	M-F	10/6-12/17/14	9am-1:30pm
• Ingles Como Segundo Idioma (ESL)	M, W	9/29-12/8/14	6pm-9pm
• Ingles Como Segundo Idioma (ESL)	T, Th	9/30-12/9/14	6pm-9pm

Children's Programming

• College for Kids (Academic Enhancement)	Sat	10/4-11/22/14	9:30am-1:30pm
• College for Kids (Cultural & Recreational Enrichment)	Sat	10/4-11/22/14	2pm-5pm

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The breakthrough: Jamie Blackley

Greetings. Chloe Moretz's boyfriend in "If I Stay" is a musician in real life — sort of.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

You're a musician yourself, right?
Yeah, I've played the guitar since I was 12 — just very kind of basically, and never in bands or anything, just by myself. It was just in the buildup to this [movie] that I had a few lessons back at home in London just to get to know the songs as well as I could. And then we had a bunch of band rehearsals once we actually got to Vancouver.

How did it feel pretending to be a guy in a band, then?
Oh, it felt amazing. It was so much fun; it was brilliant. Those were the most fun scenes for me to do, all those club scenes. All these people being asked to jump up and down and pretend that they like you, it was pretty fun.

How was it developing your chemistry with Chloe Moretz?
She's just easy to get along with. We just messed around the entire time, really, and had fun with it. I can't imagine doing it with someone you absolutely hate — that would've been difficult. But she's just a normal kid and I'm a normal guy, and we just got on with it and had fun, really.

How have you handled the progression of your career so far?
It feels like I'm slowly kind of learning as I go, really. I still have to go in there and audition and do the best job that I can and hope that the stuff that I like, people want to hire me for. That's what I'm carrying on doing right now. My kind of policy is if I do stuff that I would enjoy going to the cinema to watch, then wherever that takes me, I'll just go with it. I'm going to try to, anyway.

And that's something you'd go see in theaters?
Oh my God, yes. Well actually, I'm not allowed to see a full script, so I don't really know if it's something that I'd want to go and see in the theater, but it's his movie so I'm sure that it definitely will be.

The details

Jamie Blackley

- **Where he's been:** The 23-year-old Brit has mostly played small roles in "Snow White and the Huntsman" and "The Fifth Estate."
- **Where he is now:** He's the rocker boyfriend trying to coax Chloe Moretz out of a coma in the YA hit "If I Stay."
- **Where he's going:** The aptly titled "Untitled Woody Allen Project"

Jamie Blackley gets close with Chloe Moretz in "If I Stay."
WARNER BROS. PICTURES

Q&A

The Woodman

Your travels have taken you to Woody Allen, which isn't too shabby.
I've literally just finished that. It was amazing fun, really great fun. I'm not allowed to say anything about what it's about, but all I can say is that all of the cast is super great, and it was really exciting to work with those kind of people and to work with Woody as well. It was brilliant.

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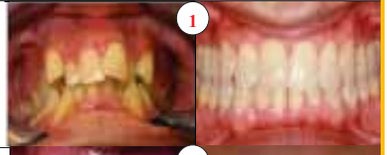

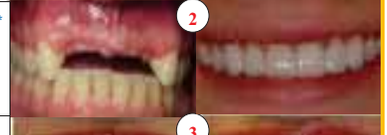

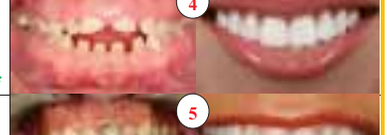

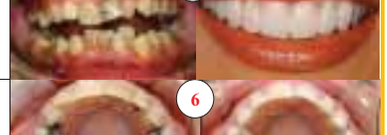

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What an opera director and Chuck Berry have in common

Polar Music Prize. Peter Sellers took home a very special award yesterday, so maybe now he can finally admit that he's a musician.

PAT HEALY
@metrousmusic
pat.healy@metro.us

Peter Sellars was a recipient of the Polar Music Prize yesterday.
COLIN MCCONNELL, GETTY IMAGES

Chuck Berry / MICHAEL OCHS

Opera director Peter Sellars might have accepted the prestigious Polar Music Prize in Stockholm yesterday, but he still doesn't quite consider himself a musician.

"Music is what I spend my day doing, but when you're in a room with the amazing people that I'm in a room with, you get to have a very humble view of your own self," he says. "I think of myself as kind of helping out."

Only two musicians receive the Polar Music Prize each year, and Sellars joins the company of past winners Paul McCartney and Stevie Wonder, so he might want to reconsider that perception of himself. This year he shares the honor with Chuck Berry, a musician whom Sellars is quick to redirect praise to.

"He is responsible for not just a great moment in the history of music but a great moment in history," says Sellars.

Sellars was born in Pittsburgh in 1957, the year before Berry released "Johnny B. Goode." But whereas Berry took a rock 'n' roll path, it was opera that appealed to Sellars. From the time he was 10 he worked at turning the conventional notion of what opera is on its head. Most notably has been where he has chosen to stage operas: in a Cape Cod diner, in a luxury apartment in Trump Tower and in the 1980s, he chose Spanish Harlem for his take on Mozart's "Don Giovanni."

In conversation, Sellars' tone takes on a quality of awe as he discusses the power of music: "When people get caught up in the places that music can take you, they do amazing things."

Luckily, Sellars is there for, as he says, "helping out" with those amazing things.

Opera can be fun!

Sellars about his revolutionary approach

"I grew up staging a lot of things to music, so that was normal, and most operas I heard were only from records, so I imagined all these amazing things happening," he says. "I was really shocked when I went to my first opera and realized, 'Well, they're just standing there.' So for me opera was this thing that was just teeming in the imagination with all the possibilities. For me it was just a totally normal thing to say, 'Let's make this as exciting as it should be!'"

Quoted

"Music opens up space that didn't exist before and creates a new way that people feel and think of themselves and see each other." Sellars

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$12, www.diaart.org
Dia:Beacon is an open-air museum famous for its collection of 1960s Minimalist art, including fluorescent light sculptures by Dan Flavin, Richard Serra's gargantuan "Torqued Ellipses" and mixed-media "mirror displacements" by Robert Smithson. The west garden offers Louise Lawler's satirical audio work "Birdcalls" (1972/81). Purchase a package that includes discounted fares for the museum and your Metro North ticket to Beacon.

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Eat well on the water on Labor Day Weekend

I love spending summer holiday weekends in the city to enjoy the urban "beach." Take advantage of these spots on Labor Day Weekend, the last before the Hamptons crowd returns from its summer idyll. For those seeking relaxation with good eats and water views, consider these spots when planning your weekend.

The Frying Pan

Pier 66: Want to impress your friends? Bring them for an afternoon aboard this collection of ships. The views from the rooftop balcony are stunning — I feel like I'm on vacation when visiting here. The burgers and fries ($12) are great, but the restaurant also offers clams, mussels and lobster, alongside a full bar with a mean margarita and buckets of Rolling Rock (6 for $34).

The Boat Basin

West 79th Street: The atmosphere is laid back whether you are enjoying a cold beer on the steps or a sandwich at a table, and is located right on the West Side bike path. The menu is mostly sandwiches and tasty burgers ($9.50), but you'll also find interesting items like mahi-mahi tacos ($13). Take $2 off drinks from 4-7 p.m. Monday through Friday.

North River Lobster Company

Pier 81: Though new, this is already one of my favorite places for its outstanding raw bar while cruising on the Hudson. The lobster dinner ($29) is delicious. Want to share? The Acadia includes 12 oysters and 6 shrimp, littlenecks and Jonah crab claws for $59.

For exclusive commentary, visit Metro.us/blogs.

Drink. Eat. $ave. NYC.

MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC available in paperback and e-book.

The weekly Yelp. Ramen noodles

The table-side chef at Minca delivers on the ramen front.
MARIA L., YELP

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Few foodstuffs deliver a hug to your insides like a comfy bowl of ramen. Sure, it's still technically summer and hot soups might seem strange, but our cravings for spicy broth and noodles are always in season.

Ivan Ramen

25 Clinton St., Lower East Side
Astonishingly original dishes, great service and a vibrancy both in atmosphere as well as the food's actual preparation make Ivan Orkin's new spot a definite hit. **PAUL A.**

Minca

536 E. 5th St., East Village
One of those little known gems in the East Village. Feels homely, in a good way. Excellent ramen, and occasional Tokyo Bossa Nova on vocals and guitar if you're at the right day and the right time. **TUSHAR G.**

Totto Ramen

366 W. 52nd St., Hell's Kitchen
Totto spicy ramen was mind blowing! Blasting with flavor and perfect level of [spice]. Also got to try the pork mayo don for a side. This tastes just like the char siu bun but subbed with rice instead of the bun. Pork was soft and tender so don't worry about it being dry. Now the wait is definitely long!!! So you have to time it. **NANCY N.**

Yuji Ramen

95 E. Houston St., Lower East Side
They mostly serve mazemen, which is a brothless ramen, although they have a daily shoyu ramen as well. **TIFFANY T.**

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Say it ain't so, summer

Au revoir. Before you dive into your fall wardrobe, Jonathan Adler shares how to make that last summer party count.

We're not ready to put away our strappy sandals just yet, and it sounds like designer Jonathan Adler isn't quite ready to believe summer is ending, either. He refused to acknowledge the oncoming cold weather, telling us, "You gotta pretend it's summer up until Thanksgiving and then surrender." Lucky for all of us, there's one more big summer holiday weekend before we have to start breaking out the ice scrapers, and Adler took a break from boogie boarding at his beach house to tell us how to keep that Labor Day party festive.

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Get this

Adler partnered with champagne experts Chandon to design a special tray to go along with those mini Chandon bottles.

- "[My tray has] a nautical motif. Kept it light and bright and patriotic. I think any guest would be thrilled to come and see a tray of mini Chandons," says Adler. The tray is available at local Jonathan Adler stores.

Break out the mini Chandons to bring a smile to your guests' faces, says Adler. / CHANDON USA

Keep things going swimmingly

It's the end of summer, so I always try to go nautical — nautical, nautical, nautical. And I'm not just saying that because I'm staring at the sea even as we speak. It's just because I want to keep summer spirit alive, and nothing says summer like blue and white.

COTE D'AZUR MELAMINE SALAD SERVERS, $6.99, JONATHANADLER.COM

2 Bring on the competition

I love a good game, from the indoor variety, such as backgammon, to the more outdoorsy, such as horseshoes or kadima.

3 Make the music pop

A rocking playlist is always good. I myself am a fan of the pop country genre. ... I have lots of Miranda Lambert, and Brandy Clark is my girl, so she's on there. And then I throw in a lot of pop hits. ... I'm debating whether the song of the summer is "Summer" by Calvin Harris, or "Fancy," so they would both make an appearance and I'd let my guests decide.

4 Grill up a storm

I want [the menu] to be easy, easy, easy, easy, so I love a good skewer. Anything on a skewer — my theory is that you can take anything and skewer it and then fire away.

5 For the city dweller

I think it's about channeling Saint-Tropez even if you're living in a fifth-floor crappy walk-up studio apartment, as I used to be. So you just gotta put on a jaunty nautical chapeau and live as if you're in Saint-Tropez. Throw up a summer lantern and some lights as if you're outside and play let's pretend.

PLUS

Rules of the game

Adler says he has a few strict rules for his summer parties. First things first, don't neglect the host.

"I always serve myself first because I deludedly believe that it makes people feel more comfortable. It's really just that I'm a piglet."
Adler

Keeping count

8-16

Thinking of throwing a Labor Day rager? That's not really Adler's style. He likes to keep the guest list small: "Minimum eight, maximum 16 — not too sad and not too overwhelming."

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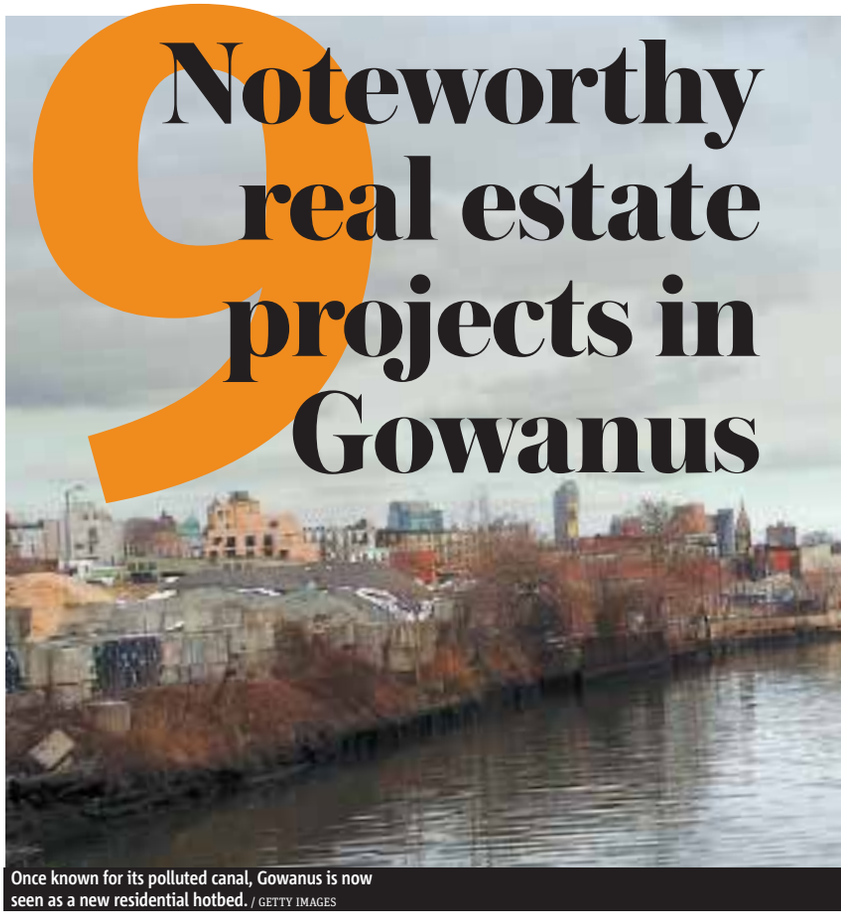
Real estate. Here's what to look forward to in the rapidly changing neighborhood.

9 Noteworthy real estate projects in Gowanus



Once known for its polluted canal, Gowanus is now seen as a new residential hotbed. / GETTY IMAGES

The Gowanus Canal might be a superfund site, but developers and tenants are flocking to the neighborhood that bears the old industrial waterway's name.

A strip of retail and office space along 3rd Street west of Whole Foods is taking shape, and condos and rental projects are busily moving ahead on both sides of Bond Street.

To provide a big-picture view of what's happening, we rounded up some of the deals, developments and destinations changing the face of the neighborhood.

66-80 3rd St.

1 LIVWRK Holdings picked up the two 3rd Street industrial buildings with a combined scope of 80,000 square feet in November. The developer plans to put office tenants on the upper floors and

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retail shops on the first and second floors of the properties. Tech darling Genius will lease nearly half of the office space.

175-225 Third St.

2 Kushner Companies and LIVWRK bought a block-long development site across the street from Whole Foods for between $70 million and $80 million. Zoning currently allows for a commercial mixed-use project up to 300,000 square feet, but a rezoning could allow for up to 1 million square feet of residential mixed-used space.

529 Third Avenue

3 A developer registered under an LLC is transforming this former industrial space at the corner of Third Avenue and 13th Street. The original plan called for 15,000 square feet of ground-level retail and 45,000 square feet of second and third floor office space. However, the developer is now considering inquiries from two schools, including a pre-kindergarten, according to Kalmon Dolgin broker Robert Klein.

363-365 Bond St.

4 Last year, the City Planning Commission approved Lightstone Group's 700-unit development on the banks of the canal. The Bond Street residence is slated for completion next year, according to previous reports.

345 Carroll St.

5 The Department of Buildings approved the plan exam for Sterling Equities' 30-unit condo building in the old Regency Carts building in June. The 53,475-square-foot, 4-floor development designed by GLUCK + Architects will sit between Bond and Hoyt streets.

318 Nevins St.

6 PMG, known for building luxury developments, picked up the site located just north of Lightstone Group's massive residential project for $14 million last year. The developer is leasing the space short-term to a company that supplies food trucks and is waiting to see what happens with the neighborhood and zoning, said Richard Lam, a principal at PMG.

399 Third Avenue

7 The hospitality company that tested the market for boutique accommodations on Fourth Avenue is building a new 58-room, six-story hotel a stone's throw away at the corner of Third Avenue and 6th Street. Globiwest recently sold its pioneering Fourth Avenue property, Hotel Le Bleu, for $10.25 million.

Royal Palms

Shuffleboard Club, 514 Union St.

8 Shuffleboard enthusiasts started shooting biscuits at the 17,000-square-foot former factory between Third Avenue and Nevins Street in February. In addition to sleek new courts, the venue features live music and a rotating cast of food trucks.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Experts say Whole Foods' recent Gowanus location was the catalyst for new development in the area. / WHOLE FOODS

305 Nevins St.

Ample Hills Creamery

9 The purveyor of homemade and pasteurized-on-site ice cream opened its third location next door to the Royal Palms last month. The 3,600-square-foot parlor attracts residents eager to work their way through Ample Hills' many flavors and relax on the rooftop patio.
TOM DICHRISTOPHE

Real estate watch

Priciest

$25M

The most expensive property on the market this week is a 4,413 square foot maisonette in the historic Plaza building at 1 Central Park South. Marketed by Douglas Elliman, this 4-bedroom, 4.5 bathroom home is accessed through a private elevator. Features include views of Central Park, 12-foot ceilings, a custom eat-in kitchen and period moldings, woodwork and mantelpieces throughout the property.

Cheapest

$170K

The cheapest property to come on the market this week is a co-op at 301 E. 63rd St. Marketed by Living New York, this sun-filled studio features three closets and a separate kitchen, and the building features a 24-hour doorman and rooftop deck.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.
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1

Ted Baker London

Nevia coat, $525, TedBaker.com

Marc Jacobs mixed heavy fabrics with light hues. / GETTY IMAGES

Ralph Lauren showed ponchos in soft shades. / GETTY IMAGES

GUCCI
GETTY IMAGES

Bundle up in pastels

Fall/winter 2014 trends. Push those gray and black sweaters aside and make room for blush and lilac.

We can't believe summer's nearly over — did it really even take off? And while we're not ready to part with barbecues in the park or day drinking on Fridays, we'll take solace in knowing there's one aspect of our warm weather routine that we wont have to give up: wearing soft hues.

Yes, a majority of your fall wardrobe will always consist of black and gray, but this season designers also showed everything from burly furs to mini dresses in pretty shades of pink and lavender. Which means, right about now, stores are stocking their racks with some lighter options for you.

Now, pairing your summertime go-to Birkenstocks with socks? We're on the fence about that one.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

2

Zara

Leather court shoe, $89.90, Zara.com

3

AX Armani Exchange

Bomber $168, Armani Exchange.com

4

A.L.C.

Tonne skirt, $495, Shopbop.com

5

Topshop

Fisherman crop sweater, $56, Topshop.com

6

ACNE Studios

Sweatshirt, $220, Net-a-Porter.com

7

Grafea

Hari Backpack in lilac, $348, ASOS.com

‘FRENCH GIRLS’ APP IS THE OPPOSITE OF SOCIAL MEDIA

‘French Girls’

Platform(s): iOS
Price: Free

Why is the app “French Girls” called “French Girls”? Why is its mascot a smoking, overweight, bearded hippie in a Speedo? Why does this app — which allows over one million users to sketch drawings of random strangers’ selfies on their tiny phones — exist? We can really only answer the first question: It’s a line from “Titanic.”

Loopiness is what may attract users to “French Girls,” but its function is simple, even mildly subversive, if a bit tricky to do well. The idea is to draw people (or dogs, or washing machines or whatever people put up there), which you choose from the untold number of selfies available to you. It’s not easy to do a Rembrandt, or even a deceptively sloppy Picasso, with your finger on a screen the size of a credit card. And yet scrolling through the endless screens of publicly submitted drawn selfies, there are many with the skills — or simply the time — to create eerily lifelike renderings.

Not that you have to stay inside the box, so to speak. Those without skills (or time) can go creative, using the opportunity to sketch an amateur piece of abstract art — or not even that. Some use the digital canvas to comment, in words, on the image they’ve been chosen, as in one unkind artist who said, of an unassuming hairless Sphinx cat, that it looks like “someone turned [him or her] inside out.”

“French Girls” affords those who use it to become, if they’d like, quietly (or not so quietly) judgmental, even mean. (One unfortunate use of this technology found a sketcher commenting that an overweight kid “loved [McDonald’s golden arches].”) That’s because “French Girls” is really the opposite of social media, even though it puts you into some form of contact with millions of strangers. The only thing “French Girls” asks you to share is your face.

Here are but a few of the who knows how many examples of fine art to be found on “French Girls.”

No retweets

Stay anonymous

With “French Girls,” you don’t get to identify yourself, post your job title or make quips that will be archived at the Library of Congress. It assigns you a handle (like “OpulentlyMissingBrain”) and that’s it. There’s no jotting down devastating portraits of friends; everyone’s a stranger. Today we seek to put our stupid name on everything we do in public, to gain recognition for something we wrote that caught on with a handful of people and was forgotten seconds later. “French Girls” actually embraces the ephemeral nature of the Internet, where all is disposable and no one is knowable.

App Appeal

MATT PRIGGE
MATT.PRIGGE@METRO.US

DIY. Affordable home Selective Laser Sintering printer coming

Desktop Selective Laser Sintering, or SLS, is a highly sought-after item in the 3-D printing world. SLS printers print by layering fine powder, then “sintering” or melting it with a laser. Since there is a solid “cake” of powder, no support materials are necessary. Typically these machines are extremely expensive and quite large. The company Sintratec is hoping to change that.

The Sintratec team currently consists of three electrical engineers based out of Switzerland, who hope to launch a crowdfunding campaign in October to raise enough money to ship at least 60 kit printers. Their current target price is under $5,277, which is considerably cheap for an SLS machine.

A homemade wrench head can soon be yours for relatively cheap. / MAKEZINE

One way they have kept the cost down is by going with a smaller laser. Most large SLS machines use a laser that is large, expensive and can be a bit dangerous since you can’t see the beam. Instead, they went with a compact diode. While you still need to shield your eyes from the beam, you can at least tell that the beam is on.

The 2014 World Maker Faire will be held at New York Hall of Science on Sept. 20 and 21. Go to www.makerfaire.com for more info.

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concerning the proposed long-term lease between the New York City Health and Hospitals Corporation and SKA Marin or an affiliate for the development of housing for low income elderly and disabled persons on the site, measuring approximately 105,682 SF or 2.426 acres, of the currently vacant Draper Hall at 1918 First Avenue, just south of East 99th Street, Borough of Manhattan, previously used by Metropolitan Hospital Center as a nurses residence.

Speakers are asked to register in advance for an assigned speaking time of five minutes by writing or calling:

Ms. Patricia Lockhart
Secretary to the Corporation
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Telephone: 212 788-3360
Advance Registration Deadline: Monday, September 8, 2014

Limited Interpreter and American Sign Language services are available upon request in advance of registration deadline date ONLY.

In-person registration at the hearing site begins at 5:30 pm and closes at 6:30 pm

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Study. Drug reverses autism in lab mice

John Mayer, right, and Stephen Stills perform at Light Up the Blues, a concert to benefit Autism Speaks. / GETTY IMAGES

A new Columbia University brain study on mice has promising results for the more than 2 million people in the U.S. who have some form of autism.

The research team found that the cortexes of autistic children's brains were more densely packed with synapses than normal brains. Too many synapses — the links between neurons — means the neuron is receiving excess data.

Neuroscientists were able to reverse autistic behaviors by giving mice an immunosuppressant commonly used to prevent organ rejection. The drug restarted the natural process of synaptic pruning.

Many of the genes in autistic individuals play a role in synapse pruning. Linking that process with reversing autistic behavior suggests brain overconnectivity may be key. REUTERS

Do yoga in an art museum tonight

Fine fitness. The White Tour returns to New York.

If you go

Lole White Tour

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Water Mill
$100,
www.lolewomen.com/hamptons

This White Tour group yoga class took place in Paris' Grand Palais. / PROVIDED

EVA KIS
@thisiskis
eva.kis@metro.us

When the tranquility of yoga meets the mindfulness of a museum, it could be your most zen moment yet.

Women's activewear brand Lole's White Tour returns to New York on Wednesday, this time to the Hamptons, where 300 yogis will get their zen on in the Parrish Art Museum in Water Mill.

The session will be led by celebrity instructors Rodney and Colleen Saidman Yee. And you could find yourself doing the downward-facing dog next to notable guests like Rob Lowe or Donna Karan.

All proceeds will benefit the museum and Southampton Hospital. Come dressed in white; Lole will provide one of its signature yellow mats for participants.

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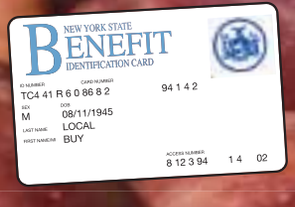

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One switch for a healthier dish

Don't change what you're eating — just make it better.

Chef Phoebe Lapine isn't trying to change your entire menu. / PROVIDED

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for "The Vampire Diaries."

But what if you could make the things you're already cooking better for you? To be a successful adult — not to mention a properly nourished one — you've got to make the time to cook. We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a flavorful, more nutritious meal.

EVA KIS
@thisiskis
eva.kis@metro.us

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for digestive health. You only need about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavor for a cold soup like cucumber vichyssoise or a white gazpacho," Lapine says.

VITAMIN SHOPPE ALOE VERA JUICE, $5.49

Liquid aminos

Derived from soybeans, it tastes like soy sauce although it's lighter in color and more subtle in flavor.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Sub soy sauce or tamari for liquid aminos, a gluten-free alternative. Lapine calls it "a great, nutritious substitute for regular table salt."

BRAGG LIQUID AMINOS, $8.19

Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefit: They're rich in protein, essential fatty acids, fiber and antioxidants and don't need to be ground to get their benefits.

Swap: Use them instead of pricey pine nuts in pesto. "I love them sprinkled on top of salads, mixed into my smoothies or as a garnish," says Lapine.

NUTIVA ORGANIC SHELLED HEMP SEED, $7.20

Apple cider vinegar

Bragg's version is made with organic apples; the finished product is unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties.

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Horoscope

♍ Virgo | Aug. 23-Sept. 22. Don't try to keep up with what others are doing. Spend time on your own projects and take things as they come. If you trust in your abilities, you'll rise.

♎ Libra | Sept. 23-Oct. 22. If you are doubtful about a new offer, reserve judgment until you have all the relevant details. Ask questions and find out what you are dealing with.

♏ Scorpio | Oct. 23-Nov. 21. A partnership will develop and complement what you have to offer, if you are assertive enough.

♐ Sagittarius | Nov. 22-Dec. 21. Make a point not to lend, borrow or gamble. You will be further ahead if you observe without participating.

♑ Capricorn | Dec. 22-Jan. 20. Don't jump at the first offer that comes your way. Wait until you find the best deal, and negotiate until it fits your agenda.

♒ Aquarius | Jan. 21-Feb. 18. Financial benefits are possible if you take advantage of a promising deal. You may learn by helping take care of another's financial affairs.

♓ Pisces | Feb. 19-March 20. Don't be fooled by appearances. The person or deal that seems so attractive at the moment might lead to disappointment.

♈ Aries | March 21-April 20. Don't settle for second best. Your leadership qualities can propel you so make sure that everyone knows you mean business.

♉ Taurus | April 21-May 21. A personal change will boost your confidence. Look after details. Once you've achieved what you want, you will be able to help others.

♊ Gemini | May 22-June 20. Hard work is good for you, but once in a while you need to take a break. Open your home for a night of socializing or networking.

♋ Cancer | June 21-July 22. Stay calm. A demanding approach with others will alienate you. Keep emotions in check and avoid discord.

♌ Leo | July 23-Aug. 22. Someone you have worked with in the past will be the key to a lucrative partnership now. Your moneymaking ideas, propelled by experience, will take flight.

EUGENIA LAST

Sudoku: Easy and hard

	1							5
9			5		1	4		
5				7		3		6
	2		4					
8	6	3		5		9	7	4
					8		3	
6		2		1				3
		4	3		7			8
3							6	

			8	4	3		9	
	8					4		
		7		2		1	8	
9	7		2			3	4	
	5	6			4		1	8
	9	5		7		2		
		2					6	
	6		5	8	2			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Racism still alive in US

Re: 'Let the jury, not the mob, decide' (Metro, Aug. 25) This tragic incident was merely the straw that broke the camel's back from a place that has known racism and injustice at the hands of those in power. Yes, you are correct that a mob should not dictate the outcome of this ongoing case, and the officer is innocent until proven guilty. However, the Ferguson Police Department has handled these events horribly, and it raises serious questions.

First, they leave the boy's body in the street for four hours, with no facts given about shooting. When they announced the officer who shot Michael Brown, they paired it with a video not related but supposedly of the dead teenager (a tactic used to smear the victim), no report to come out of the incident in two weeks' time, they will not replace the prosecutor whom the citizens of Ferguson do not trust to be fair. Add to this to the history of racism in Ferguson, and these people have every right to be angry that their unarmed children are being shot in the streets.

I am Caucasian, and I found it hard to believe that racism still exists like this, but regardless of what the Supreme Court says, racism is alive and well in the United States.

CASEY ZINITI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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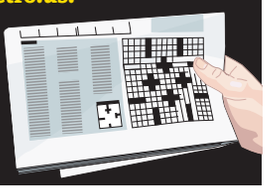
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



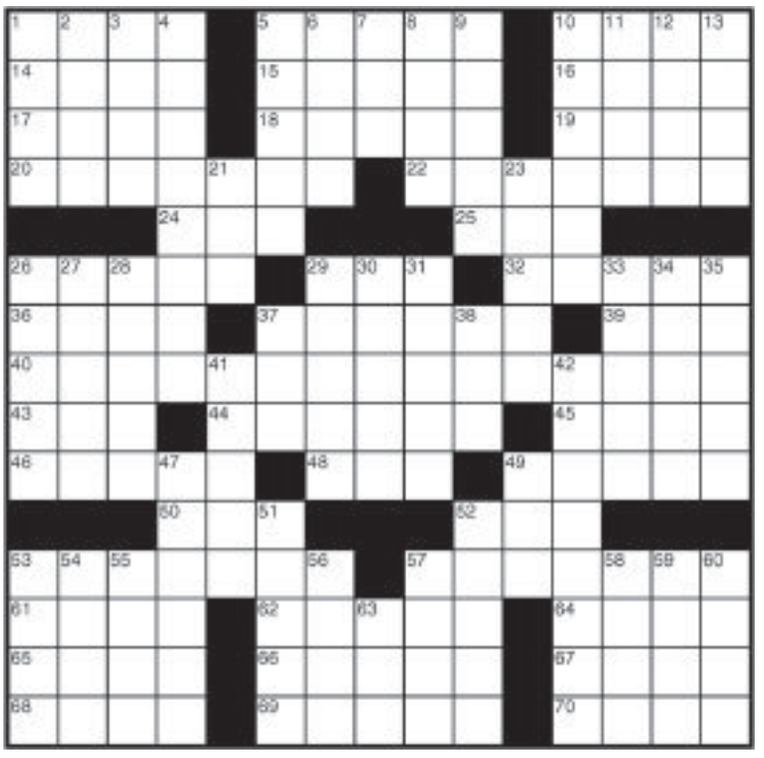
Crossword

Across

1 After frosh
5 Looked radiant
10 Plop down
14 First name in jazz
15 Poolside turban
16 Chenille item
17 Encumbrance
18 Archipelago dot
19 — vera
20 Dump truck fillers
22 Kind of radar
24 Soyuz destination
25 Velvety surface
26 Baldwin et al.
29 Test tube's place
32 Porous gem
36 Prefix with '"byte"
37 Beethoven opus
39 Moo goo -- pan
40 Whatever refuge (5 wds.)
43 Gusto
44 Ill- — gains
45 Small brown bird
46 Reply to a knock
48 W. Hemisphere alliance
49 Advances
50 Cartoon Chihuahua
52 Peggy or Brenda
53 Blushing
57 Freezing (hyph.)
61 Petty of "Free Willy"
62 Erected
64 Reason to cram
65 Strong — — ox
66 A funny Murphy
67 Nerve network
68 Opposite of wax
69 Vaults
70 Go over quickly

Down

1 Talk up
2 Hodgepodge
3 Urgent request
4 Disadvantage
5 Moves about
6 "Bonanza" role
7 Pea-green boat passenger
8 Shortfall
9 John of "Crocodile Rock"
10 Soda shop buy
11 Recline lazily
12 Woodwind
13 Gaze
21 Winding curve
23 Family men
26 Dumbfounded
27 Flax product
28 Osiris' realm
29 State-run game
30 Loos or Ekberg
31 Nuisances
33 Mall for Plato
34 More infrequent
35 Sketches
37 Theater sign of yore
38 Bronzed
41 Mean people
42 Splinter remover
47 Weasel, in winter
49 Corn Belt st.
51 Dynamite inventor
52 Troubadour instruments
53 Lobster appendage
54 Diva -- Ponselle
55 Iraq's neighbor
56 Rubens model
57 Minor mistake
58 Business VIP
59 Pro — (in proportion)
60 Ominous sign
63 Ms. Lupino



Yesterday's answer

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3 SPORTS

Late dealing

Patriots trade Mankins

The Patriots pulled off a late preseason trade Tuesday, dealing veteran offensive guard Logan Mankins to the Bucs for tight end Tim Wright and a fourth-round pick. Mankins is a six-time Pro Bowler. Wright, a second-year pro out of Rutgers, had 54 catches for 571 yards and six touchdowns in his rookie season.

Parting ways

HARRIS LED THE TEAM IN PRESEASON CATCHES.
GETTY IMAGES

Giants place Harris, Taylor on injury list

The Giants trimmed their roster to 75 Tuesday, but the biggest decisions were injury related.

Wideout Marcus Harris, who'd likely played himself into a roster spot this preseason, was placed on season-ending injured reserve and will undergo hip surgery. Safety Cooper Taylor was also placed on IR with a left foot injury.

Tight end Xavier Grimble and defensive tackle Everett Dawkins were among the notables waived. METRO

Not Wright now

Wright misses game due to neck spasms

David Wright sat out the series opener in Atlanta on Tuesday night due to continuing neck spasms. The Mets captain also finally admitted to lingering shoulder issues.

"Is the shoulder 100 percent? No. But that takes rest. And that's what the offseason is for," Wright said. "But is that the reason that I'm struggling the way I'm struggling? No."

He is hitting .215 with zero home runs in 35 games since the All-Star break. METRO

Bouchard dreams of 'rowdy' crowds

U.S. Open. The Montreal native loves playing in New York.

The No. 7 seed Bouchard will play Sorana Cirstea in the second round. / GETTY IMAGES

Over the years, some non-American tennis players have shown they can't handle the rowdy crowds at the U.S. Open.

South African Kevin Curren once famously said, "They should drop an A-bomb on the place."

But not Eugenie Bouchard.

The 20-year-old photogenic blonde from Montreal wants it to be louder and rowdier in Queens.

"I would allow fans to come in between every game and allow them to be louder and more into it," Bouchard said after dispatching Olga Govortsova, 6-2, 6-1, in the first round of the Open Tuesday. "I think it would be more fun for them."

With an attitude like that, Bouchard is sure to endear herself to the New York's tennis faithful as she tries to win her first Grand Slam title across the next two weeks.

Bouchard, who has drawn comparisons to glamour girl and former U.S. Open champion Maria Sharapova, is already a fan favorite at other Grand Slams, even if her personal fan club known as "Genie's Army" didn't make its way to Queens.

But if Bouchard replicates what she's done at the other three majors this year, her star is sure to ascend.

"[The Grand Slams] are the best tournaments of the year, right?" Bouchard said. "They're so special. I love playing the grand slams and I want to hopefully raise my level in the big matches and the big stages and the U.S. Open is the biggest stage."

ADAM ZAGORIA
@AdamZagoria
sports@metro.us

Teenage dream

American CiCi Bellis, just 15 years old, pulled off the surprise of the Open so far with an upset of No. 12 Dominika Cibulkova (6-1, 4-6, 6-4).

- She is the youngest winner at the U.S. Open since Anna Kournikova, also 15, in 1996.

US Open highlights

It was a rough day for most of the American men, but the United States' best hope at its first major on home soil since 2003 stayed alive.

- Top-seeded American **John Isner** got off to a dreadful start, falling behind 0-4 in the opening set to **Marcos Giron**, but he won four straight games and took the opening set in a tiebreaker. He eventually won in straight sets, 7-6, 6-2, 7-6.

NO. 13 JOHN ISNER NEEDED TWO TIEBREAKERS TO WIN HIS OPENER IN STRAIGHT SETS.
GETTY IMAGES

- Things went less smoothly for American **Jack Sock**, who pulled out of his match against **Pablo Andujar** following the third set with a leg injury. He was down 2 sets to 1 at the time of his retirement.
- Long Island's **Noah Rubin** had a short stay in his U.S. Open debut. The 18-year-old lost 4-6, 3-6, 0-6 to Argentine **Federico Delbonis**.
- It wasn't easy, but **Sam Querrey** advanced in heat that probably felt more like his hometown of Las Vegas than New York City. He beat **Maximo Gonzalez**, 6-2, 4-6, 6-4, 4-6, 6-3.

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MLB power rankings | by Ryan Hannable

No. 1

Angels (77-53)

Despite having a fastball in the high 80s, Jered Weaver is tied for second in the AL in wins. The pitching staff took a huge hit this past week, however, as Garrett Richards suffered a season-ending knee injury.

No. 2

Athletics (77-53)

The A's have dropped six of their last 10 games, but are starting to get their offense back on track.

No. 3

Nationals (75-55)

The Nats' 75 wins are the most in the league as they lead the NL East by 7 1/2 games.

No. 4

Orioles (74-55)

Chris Tillman has 11 wins and a 3.41 ERA. There are pitching depth issues here, however.

No. 5

Dodgers (74-58)

Outfielder Yasiel Puig is getting it done at the plate, as his .305 average is fifth in the National League.

No. 6

Brewers (73-58)

Veteran Aramis Ramirez is having a career-year at the plate as his .307 batting average is fourth in the NL.

No. 7

Royals (72-58)

Perhaps one of the more underrated players in the league is Alex Gordon, who owns a 5.5 WAR.

No. 8

Mariners (71-59)

Felix Hernandez's 2.07 ERA is second in the AL and Fernando Rodney's 38 saves are also second.

No. 9

Cardinals (71-59)

The young St. Louis bullpen is shining again as Trevor Rosenthal has 39 saves, tied for first in the NL.

No. 10

Tigers (70-59)

Miguel Cabrera is pacing the Tigers offense as his 89 RBIs put him in fourth place in the American League.

No. 11

Yankees (68-61)

The Yanks won't go away. They've won five in a row and are three games out in the wild card.

No. 12

Giants (68-62)

San Francisco has now lost three straight and is five games back in the NL West.

No. 13

Pirates (67-64)

Pittsburgh is another team slumping at a bad time as the Pirates have dropped seven of their last 10 games.

No. 14

Blue Jays (66-65)

Toronto has lost seven of its last 10 games to fall nearly out of the AL playoff race. They're 5 1/2 back in the wild card.

No. 15

Indians (66-63)

The Indians play six straight games on the road as they take on the White Sox and Royals.

No. 16

Braves (65-60)

The Braves won seven of eight before losing two straight and are pretty much out of the NL East.

No. 17

Marlins (65-65)

Miami is three games out of the NL wild card, but with the teams in front of them, they need to make a charge soon.

No. 18

Rays (64-67)

Tampa Bay has a plus-16 run differential, but is still 11 games out of first place in the AL East.

No. 19

Reds (63-68)

Cincinnati trudged through a seven-game losing streak last week. The offense was the issue.

No. 20

Mets (61-70)

The Mets are out of the playoff race, but Bartolo Colon cleared waivers. He could be an interesting trade chip.

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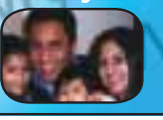

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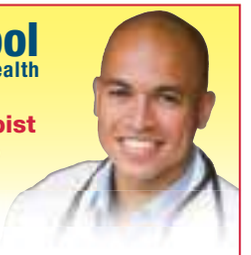

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN, pursuant to law, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, September 10, 2014 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from AJS Public House Corp. to establish, maintain, and operate an unenclosed sidewalk café at 2794 Broadway in the Borough of Manhattan for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

Legal Notices

The Success Academy Bed-Stuy 1 SFA and 11 recipient agency schools are accepting responses to a RFP for a Food Service Management Company during the 2014-15 school year. The contract runs from 9/3/2014 – 6/30/2015. The deadline for submission is 9/2/2014. A pre-bid meeting will be held on 8/19/2014 at 9AM. Meeting details and RFP are available by request from Alli Zimmermann at azimmermann@4thsectorsolutions.com.

NOTICE IS HEREBY GIVEN that a license, Serial # 1280556 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 242 8th Ave., New York, NY 10011. New York County, for on-premise consumption. Pomerantz Equities LLC.

NOTICE OF INTENTION is hereby given to form "Promachos Insurance Company", a New York stock insurance corporation, to write accident and health insurance as defined in subparagraph (i) of Section 1113(a)(3) of the New York Insurance Law to include insurance against death or personal injury by accident or by any specified kind or kinds of accident and insurance against sickness, ailment or bodily injury, including insurance providing disability benefits pursuant to article nine of the workers' compensation law, except as specified in subparagraph (ii) of such paragraph (3). The corporation's principal office will be located in the County of New York, State of New York. The corporation's initial capital will be $300,000. The names and residences of the incorporators of the corporation are: Chinonyerem Osuagwu, M.D., Staten Island, NY; Nonyelu Anyichie, M.D., Pleasantville, NY; Julian Isaacs, P.hD., Saint Albans, NY; Jagat Sharma, M.D., Brooklyn, NY; Karen Isaacs, D.O., Malverne, NY; Marie-Albert Abougou, M.D., Watertown, NY; Tyrone Bennett, Amityville, NY; Tina Kennedy, Inkster, MI; and Carol Bewick, Trenton, MI. Due notice of which is hereby given. Dated: August 17, 2014

Legal Notices

NOTICE OF FORMATION of NIKKI CHASIN LLC. Articles of Organization filed with the Secy. of State of Florida (SSFL) on 03/28/14. SSFL is designated as agent of the LLC upon whom process against it may be served and shall mail a copy of the process to the LLC's principal business address: 200 West 15th Street, # 9F, New York, NY 10011. Purpose: any lawful act.

NOTICE IS HEREBY GIVEN that a license, Serial # 1280610 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 29 Kenmare St., New York, NY 10012. New York County,for on-premise consumption. Noodle Investors Inc.

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